

# Choo Choo Cabbage and Ham Soup

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-choo-choo>

## Ingredients:

- 2 tablespoons butter
- 1 cup onion diced
- 1 cup celery diced
- 1 pound cabbage shredded, I used red cabbage
- 1 red bell pepper chopped
- 1 quart chicken stock
- 2 cups ham diced
- 1/4 cup butter
- 6 tablespoons flour
- 3 cups heavy whipping cream
- 1/4 teaspoon ground white pepper
- 1 teaspoon salt
- 1/3 cup shredded Parmesan

## Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 365 milligrams
4. Fat: 98 grams
5. Fiber: 6 grams
6. Protein: 36 grams
7. SaturatedFat: 56 grams
8. Sodium: 2760 milligrams
9. Sugar: 8 grams

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